



February 2019

Obsessed Appearance

Magaly Quezada

Follow this and additional works at: https://dc.swosu.edu/sayre_student_anthology

Recommended Citation

Quezada, Magaly (2019) "Obsessed Appearance," *SWOSU Sayre Student Anthology*: Vol. 1 : Iss. 6 , Article 19.
Available at: https://dc.swosu.edu/sayre_student_anthology/vol1/iss6/19

This Article is brought to you for free and open access by the Monographs at SWOSU Digital Commons. It has been accepted for inclusion in SWOSU Sayre Student Anthology by an authorized editor of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact phillip.fitzsimmons@swosu.edu.

Obsessed Appearance

By Magaly Quezada

Many people become obsessed with their appearance. To me in no way should appearance dominate people's lives. Models are known to be obsessed with their appearance; yes, ordinary people are always changing features on their body as well but have you ever thought that criminals change their facial features to hide from police or higher forms of law enforcements.

Being a model was one of my fantasies when I was a young girl. I always wanted to look like them and even dress like them. I grew up to realize that many models have mental disorders like bulimia and anorexia. Bulimic is an eating disorder where a person eats and then later throws it up. Anorexia is Also an eating disorder where a person can't eat or loses their appetite. Why do they do this? In the eyes of society they are ugly and fat and won't get picked as Americans next top model. Is being beautiful and skinny more important than their own life? Models are advertising that it is ok to look like a walking stick. When your life comes to a point that you are so obsessed with your body that you start to throw up what you ate moments ago or to stop eating completely, then you need to realize you have a problem. It is not safe or healthy, so you should find help. Some people don't are in denial that they have a problem because they don't see it as an obsession of appearance or mental disorder

Actresses have will change their appearance for different roles that they may take throughout their career. One thing that sticks out to me the most is that not everyone has perfect skin. Many stars cover, drench and even cake on makeup. They do this to make their facial features match the role, when it should be making the role match the star. A good example is Catniss from *The Hunger Games*; she had to lose a large amount of pounds to get the role. But later after the movie came out, she apologized to her fans because she would never want anyone to be that skinny, and that she didn't want anyone to think that it was acceptable.

Some people even go into the extremity of getting plastic surgery done. I was watching *True Life* on MTV, and it was about a lady who was

obsessed with her breasts. She wanted to get her breasts bigger and bigger. It literally looked like she had two beach balls stuck underneath her bikini. The bikini barely even covered her nipples! The medical doctor told her that if she was to go any bigger she was going to have back problems. Just like anyone who is so obsessed with their appearance, she didn't care and went on with the surgery.

I saw on the news an incident involving a young boy. He was being bullied at school because of his ears. His parents didn't like it but couldn't get young kids to stop bullying. Fed up, the parent went to a surgeon to make his ears normal or, in this case, smaller. It's not right, having a child go through surgery at such a young age. Kids will be kids, but we should never teach them that it isn't ok to be exactly who they are. The more you change yourself, the more imperfections you will point out, and the more you will want to fix them.

In this crazy world, even criminals change their appearances. They change the way they look so that people can't find them. Criminals are very smart and change themselves many times. Doing this prevents the police from capturing them. Criminal are very smart, they might change their appearances more than once to throw off the police.

Many people who are obsessed with their appearances want to be up-to-date on the fashion industry. There are many different ways people can change themselves to fit in. A person needs to see all the shocking things that can come with it. I thank God for what I look like today and that I am happy with myself. It is much easier said than done, but it is ok to care about what we look like. Just never forget where we come from and who we are. We must remember that any tiny obsession can come with various consequences.

